

# Movement and Behaviours Measurement Study

NCT04173715

---

**Status** RECRUITING  
**Sponsor** University of Castilla-La Mancha  
**Enrollment** 90 participants

## Key Eligibility Criteria

---

### Inclusion (3)

- years and older
- Non-institutionalized
- Physical function assessment (SPPB\>3)

### Exclusion (3)

- Have started an exercise program.
- Mini-Mental Score < 18.
- Presenting any physical activity contraindication.

## Locations (1 total)

---

Universidad de Castilla-La Mancha, Laboratorio de Actividad Física y Función Muscular, Toledo, Spain